

## 7. Maintain your home and keep it comfortable

Inspect, organize, and clean regularly and during seasonal changes. (R)

Report immediately to property owner of any structural defects, deteriorations, leaks, holes/cracks, etc. upon discovery. (R)

Inspect, lubricate, seal, replace, and repair any structural, mechanical, electrical, and plumbing system annually. (O)

During the winter, keep blinds/shades up to capture heat from the sun, and during the summer, lower the blinds/shades to block off the heat. (R)

Save Energy and Money by maintaining room temperature @ 76°F to 78°F during the summer and 68°F to 72°F in the winter. (R/O)

Save Energy & Money, and avoid BURN by lowering the hot water heater temperature to 125°F. (R/O)

## For a Healthy Home Remember to Keep It:

**Dry, Clean, Well Ventilated,  
Contaminant Free, Pest Free,  
Safe, and Maintained**

When a Home is **Dry**, it reduces and keeps away **PEST** and **MOLD** growth!

When a Home is **Safe, Clean, and Dry**, occupants are **healthier, happier, and productive!**

For more information  
or to schedule a FREE

Healthy Homes Assessment

Please contact

**Richmond City Health District  
Lead-Safe and Healthy Homes Initiative**

**400 E. Cary Street**

**Richmond, VA 23219**

**(804) 205-3500**

**WWW.RCHD.com**



## Healthy Homes Dos and Don'ts Around the Home Guide



**Richmond City Health District  
Lead-Safe &  
Healthy Homes Initiative  
(804) 205-3500**



## 1. Keep your home dry

### DO's:

Run exhaust fans in bathrooms and the kitchen, or open windows to air out moisture. (R)

Check pipes, water heater, & air conditioning for drainage clog and water leaks monthly & fix water leaks quickly. (O)



Dry out wet area quickly & dry out wet/damp things before storing. (R)

Make sure rain water is drained AWAY from the building and gutters/down spouts are draining properly. (O)

Keep wallpaper intact to avoid moisture build-up behind the wallpaper. (R/O)

Use a dehumidifier or fan to reduce indoor humidity to 65% or below. (R/O)

Install moisture barrier in crawl space. (O)

## 2. Keep your home clean

### DO's

Stop tracking in dirt - use door mat. (R)

HEPA vacuum or damp-wipe clean dust & debris on all surfaces weekly. (R)

Replace air filter every 3 months. (O)

Avoid using air freshener—it masks odor & does not clean. (R)

Organize space & avoid cluttering. (R)



## 3. Keep your home well ventilated

### DO's

Use fans/exhaust/ventilation system. (R/O)

Open windows to allow fresh air in. (R)

Air out dry-cleaned clothing and new household goods such as carpets and furniture. (R)

## 4. Keep your home fire safe & injury free

Don't smoke inside. (R)

Don't space heat with gas oven or stove, or with a un-vented kerosene/propane heater. (R)

### DO's

Have a working smoke detector & fire extinguisher on every level and use a carbon monoxide (CO) detector if have gas utility. (O)

Clean dryer lint trap after each use and exhaust outlet every 2 weeks. (R)

Secure & store flammable and toxic products outside of the living spaces and out of the reach of children. (R)

Avoid using toxic chemicals/pesticides. (R/O)

Know how to shut off the water/gas/electrical power supply. (R)

Secure handrails & railing, and ensure floors & stairs are leveled. (O)

Keep path & stairs free of clutter or hazards. (R/O)

Have a fire escape plan; practice; and keep escape route free of clutter and windows operable. (R/O)



## 5. Keep your home pest free

### DO's

Clean-up & remove moisture, food particles, clutter, and pest droppings as they are sources of food and hiding places for pest. (R/O)

Block or repair pest entry; holes/cracks in walls, attic, and foundation. (O)

Avoid bringing used/dirty bedding, furniture, boxes, bags, etc. into home—pest may be living in there. (R)

Empty trash cans regularly, if not daily. (R)

Use less toxic pest control practices such as gel baits and traps. Fogger/spray can poison food source and worsen asthma. (R/O)

Plant shrubs/trees, at least, 3 feet from building and maintain a clean yard to avoid pest harborage. (R/O)

## 6. Keep your home lead-safe

### DO's

Use lead-safe repair/remodeling practices in homes built before 1978. (O)

Use wet-techniques to safely repair chipping and peeling lead paint surfaces. (O)

Wipe surfaces with a clean WET cloth to remove lead dust—NEVER dry dust or mop! (R)

Have children, ages 6 and under, living in pre-1978 built dwellings, tested annually by doctors for lead poisoning. (R)

Report right away any damaged or peeling lead paint to property owner or management. (R)

